



Creole Skewers

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 6 servings | Serving Size: 1 skewer

Ingredients

- 1 lb jumbo raw shrimp, peeled and deveined
- 14 oz turkey kielbasa
- 1 Tablespoon Creole seasoning, salt free
- 2 teaspoons olive oil
- 6-8 bamboo skewers, presoaked

Directions

1. Soak bamboo skewers in water for 30 minutes to prevent from burning on grill.
2. Add shrimp to bowl with oil and seasoning.
3. Slice sausage same size as shrimp.
4. Place one shrimp on skewer and tuck sausage between curve of shrimp and repeat until 3 of each on one skewer.
5. Preheat grill over high heat and grill for 1-2 minutes per side.

Recipe Notes

- Shrimp is rich in protein and a good source of omega-3 fatty acids which can promote heart and brain health. It is also a good source of zinc . Zinc can support immune health.
- To make a salt free creole seasoning, add these spices together: 2 1/2 Tablespoons paprika, 2 Tablespoons garlic powder, 1 Tablespoon each black pepper, onion powder, cayenne pepper, dried oregano, and dried thyme

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 400 mg | Total Carbohydrate: 5 g | Dietary Fiber: 0 g | Protein: 22 g

Submitted by Meg Green MS, RD, CSP, LD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs



Black Eyed Pea Salad

Prep: 30 minutes | Total: 2 hours 30 minutes

Yield: 8 servings | Serving Size: 1/2 cup

Ingredients

2 (15.5 cans) black eyed peas, drained and rinsed
1 red bell pepper, diced
1 jalapeno pepper, diced
1 tomato, diced
1/2 red onion, diced
1 stalk celery, diced
3 Tablespoons balsamic vinegar
2 Tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper

Directions

1. In a medium bowl toss black eyed peas, bell peppers, tomato, onion, celery together.
2. In a small bowl, mix vinegar and oil together. Season with salt and pepper
3. Add the dressing to vegetables and toss until coated. Cover and chill for 2 hours up to overnight.

Recipe Notes

- Black eyed peas pack plenty of fiber and protein in addition to vitamins and minerals that support heart health and digestion.
- Swap this crisp salad for traditional cookout side dishes. The fresh vegetables and tangy vinegar provide a light, bright bite without the heaviness of mayo or sugar.

Nutrition Facts Per Serving: Calories: 97 | Total Fat: 3 g | Saturated Fat: 0.g
Sodium: 260 mg | Total Carbohydrate: 16 g | Dietary Fiber: 4 g | Protein: 3 g

Submitted by Meg Green MS, RD, CSP, LD
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs